



Apricot-Raspberry Trifle

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



84 kcal

Ingredients

- 4 cups apricots peeled sliced
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 1 tsp lemon zest grated
- 1.3 cups milk cold
- 10.8 oz round cake frozen thawed prepared cut into 3/4-inch cubes
- 2 cups raspberries fresh
- 0.3 cup planters slivered almonds toasted
- 8 oz cool whip whipped topping thawed

Equipment

bowl

whisk

Directions

Pour milk into large bowl.

Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Stir in lemon peel. Gently stir in 2 cups of the whipped topping.

Place half of the cake cubes in bottom of 2-1/2-qt. straight-sided serving bowl. Spoon half of the pudding mixture over cake cubes; top with half of the fruit. Repeat all layers. Top with remaining whipped topping and the almonds.

Refrigerate at least 1 hour or until ready to serve. Store leftover dessert in refrigerator.

Nutrition Facts

 PROTEIN **7.88%**  FAT **22.85%**  CARBS **69.27%**

Properties

Glycemic Index:3.86, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:2.9013043590214%

Flavonoids

Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 83.94kcal (4.2%), Fat: 2.18g (3.36%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 13.78g (5.01%), Sugar: 10.85g (12.05%), Cholesterol: 11.73mg (3.91%), Sodium: 93.21mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin A: 438.43IU (8.77%), Manganese: 0.11mg (5.6%), Vitamin C: 4.25mg (5.15%), Fiber: 1.12g (4.49%), Phosphorus: 41.25mg (4.13%), Vitamin B2: 0.07mg (4.13%),

Vitamin E: 0.55mg (3.68%), Calcium: 32.34mg (3.23%), Potassium: 105.89mg (3.03%), Vitamin B1: 0.04mg (2.84%), Iron: 0.46mg (2.53%), Magnesium: 9.13mg (2.28%), Folate: 8.95µg (2.24%), Vitamin B3: 0.42mg (2.1%), Copper: 0.04mg (2.02%), Selenium: 1.4µg (2%), Vitamin B5: 0.17mg (1.67%), Vitamin B12: 0.09µg (1.57%), Vitamin K: 1.6µg (1.52%), Vitamin B6: 0.03mg (1.5%), Zinc: 0.2mg (1.37%)